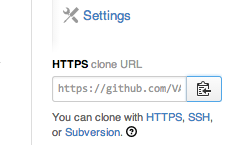
**Uploading Data to a Repository on GitHub**

1. Open Terminal (or command line on PC) and navigate to the folder where you want to create a clone of the existing Github repository

2. Copy clone url for the repository from the Github website

3. in Terminal, type “git clone <https://github.com/VAHacker/Mindfulness-Coach.git>” but replace url with the repository you’d like to clone on your local machine

4. Don’t make any changes to your local directory yet… type “git status” into Terminal & make sure you don’t get any errors to this stage. There should be no changes. Once you add files (later!), when you type “git status”, the differences between what exists in the cloud and what is on your local repository will be displayed.

5. The clone should now exist in your local directory… add a new file to the directory, then go back to Terminal and type “git add Test.txt” and replace Test.txt with the file name and extension of the file you’ve added to the cloned directory. Then type “git status” to see that git has recognized a new file to commit (i.e., upload) to the web repository

6. Commit the upload: “ “git commit –m “added test.txt to the repository” “;

Then push into the github repository with “git push”. Always requires 3 steps to upload to the cloud repository: 1. GIT, 2. ADD, 3. PUSH

7. Use “git pull” to *pull data down* from the repository (i.e., sink your local directory with with the Github repository in the cloud)

*Is there a way to upload entire folders?*

Yes! Use the command “git add .” OR “git add-a” (for git add *all*), which will add all files in the directory

*What are the available Git commands?*

Type “git” in Terminal and git will display all available commands

*What happens if I get to a crazy screen in Terminal that I can’t get away from?*

Type the key combination: “escape” followed by “:wq”

*To delete files that have been added?*

Just add all files (git add –a), commit, and push. Can also use git commands: “git mv filename.txt folder/filename.txt” replacing filename and name of new folder or to delete a file: “git rm filename.txt”